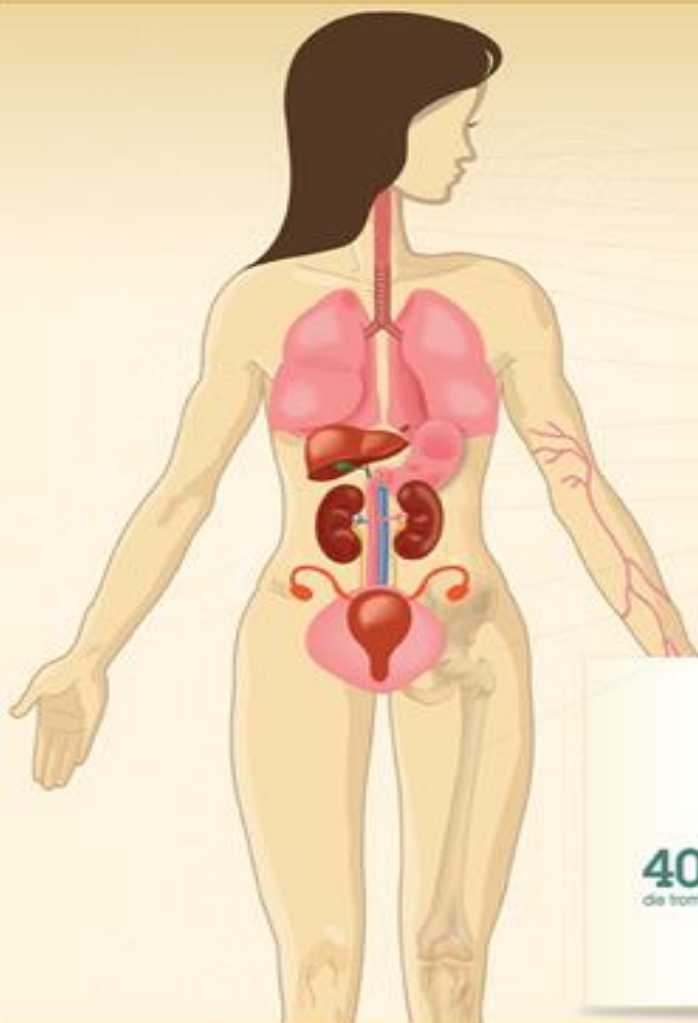


CIGARETTE SMOKE AFFECTS YOUR BODY



SMOKING CAUSES CANCER¹ OF THE:

- Nose
- Mouth
- Larynx (voice box)
- Trachea
- Esophagus
- Throat
- Lungs
- Stomach
- Pancreas
- Kidneys
- Bladder
- Cervix
- Bone marrow and blood²

440,000

People die prematurely in the United States each year due to smoking cigarettes or being exposed to cigarette smoke³

40%
die from cancer



25%
die from lung disease

35%
die from heart disease or stroke

SMOKING ALSO AFFECTS YOUR

AUTOIMMUNE SYSTEM

- Crohn's Disease⁴
- Rheumatoid Arthritis⁵

HEART

- Plaque Buildup in Your Arteries⁶
- Aneurysms⁷
- Coronary Heart Disease⁸
- Heart Attack⁹
- Peripheral Arterial Disease¹⁰
- Stroke¹¹

BONES

- Osteoporosis¹²
- Bone Loss¹³

VISION

- Macular Degeneration¹⁴
- Optic Nerve Damage¹⁵
- Blindness¹⁶

BLOOD

- Increased Blood Pressure¹⁷
- Changes to Blood Chemistry¹⁸
- Thickened Blood Vessels¹⁹

LUNGS

- Chronic Obstructive Pulmonary Disease²⁰
- Emphysema²¹
- Chronic Bronchitis²²
- Pneumonia²³



www.BeTobaccoFree.gov

1 <http://www.cdc.gov/tobacco/11/tips/110111.htm>
 2 <http://www.cdc.gov/tobacco/11/tips/110111.htm>
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